



Altoona School District
1903 Bartlett Ave Altoona, WI 54720
School Health Service

Pedersen Elementary

Dear Parents,

Pedersen Elementary is starting a new program called **Movin' and Munchin'**. **Movin' and Munchin'** is an innovative approach to assess the growing problem of obesity, poor nutrition choices, and lack of activity among school children.

The program can and hopefully will include students, family members, friends, and staff members. The program was developed by the Wisconsin Department of Public Instruction and is sponsored by the Wisconsin Department of Health and Family Services, WEA Trust, Governors Council on Physical Fitness and Health and WAHPERD.

It involves two components, **Movin'**---physical activity and **Munchin'**---healthy eating education and choices.

The program will begin in February 16, 2009 and end April 30, 2009.

It will be a fun, competitive, educational, and beneficial health experience!

- ☺ Mr. Kleinke and AHS students have made a physical activity DVD named **PALS-Physical Activity Learning Stations** which can be used in the classrooms to get students moving for a few minutes and then get them back to focusing on their work. The movement will get their bodies moving so they can learn better when they are done. (Grades K-2)
- ☺ Mr. Pastrana is planning a recess **sled pulling race**.
- ☺ Mrs. Seipel and Mr. Artisensi are teaching their students a **Movin' and Munchin'** theme song titled "Live Well". Studies have shown that singing can help improve health.
- ☺ Mrs. Miller is developing a **Healthy Snacks Recipe Book**. Some of the students in her classes will collect, write and publish a recipe book. Yum! (Grades 3 and 4)
- ☺ There will be a drawing for returned **Family Pledges** for a prize.
- ☺ Pedersen students will be asked to collect **Banana Stickers** and place them on a **Banana Poster** for all to see. (Courtesy of Tom Burgraff)
- ☺ There will be a "Try and Taste" time during 5 lunch periods during the 10 weeks. This will focus on fruits or vegetables that students may have not tried to taste in the past. This will be done on every other Wednesday. That fruit or vegetable will be "Star of that WEEK"
- ☺ If you want to give out extra credit, there is a **Create your own Fruit or Vegetable** worksheet available.
- ☺ **A+ Choices** (see below) are going to be encouraged and supported.

3rd and 4th grades will be doing a different type of **Movin' and Munchin'**. There will be point related activities in which students will need to keep logs of what they do physically and nutritionally after school. The point sheets will be kept in their classrooms and be logged daily. Weekly totals will produce classroom and grade level winners!

Below is a sample point sheet for your reference:

<u>Movin'</u> (per 15 minutes of activity after school)	Points each day:	<u>Munchin'</u>	Points each day:
Walk	1	Eats breakfast (add 1 point for eating a fruit or vegetable)	1 or 2
Walk w/ family member	1 per person	Eats fruit and vegetable portion at every meal	2
Bike/Ski/Sled/Skate	2	Chooses a fruit or vegetable snack	1
Play Soccer/Softball/Baseball/Tennis/Track	2	Goes one week without soda	15
Dance	1	Drinks 5 (8oz) glasses of water or low fat milk per day	1
Jump rope	3	Eats meal with family without TV	2
Play Basketball	2	Tries a new fruit or vegetable	1
Add your own! (Write Example)	2	Add your own! (Write Example)	2



There are so many product options on packages that it is hard to make healthy food choices with ease. This logo is a quick and easy way to identify foods that can be part of a healthy diet.

Foods with the A+ Choice label on them mean the food:

- Is lower in fat (less than 10 grams/serving)
- Is lower in calories (less than 200/serving)
- May contain whole grain noted on the label
- Is a fruit or vegetable

Any extra push to get kids moving and eating right is always encouraged! Thanks for your support!

The **Movin' and Munchin'** Team

**Pedersen Elementary
Movin' and Munchin'**

Pedersen Elementary

Healthy Family Pledge

As a family we have discussed the importance of regular physical activity and recognize the importance of eating 5 or more servings of fruit and vegetables every day. We have learned that children and adults should strive for physical activity each day to promote good health.

We pledge as a family to become healthier.

I pledge to be a role model for my family by physical activity and eating fruits and vegetables every day. I will try my best to help my family eat healthy and be physically active every day so that we will all be healthy.

I pledge to help my child reach his/her physical activity and nutrition wellness goal. I promise to reinforce the importance of regular physical activity and give a day for a healthy nutrition plan.

Child's Signature

Parent's Signature

Return this part to school



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Pedersen Elementary

Dear Teachers,

This letter is about Movin' and Munchin' at Pedersen grades K, 1, and 2.

Movin' and Munchin' involves two components, Movin'---physical activity and Munchin'---healthy eating education and choices.

The program will begin in February 16, 2009 and end April 30, 2009.

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- ☺ Mr. Kleinke and AHS students have made a **physical activity DVD named PALS-Physical Activity Learning Stations** which can be used in the classrooms to get students moving for a few minutes and then get them back to focusing on their work. The movement will get their bodies moving and so they can learn better when they are done. Grades K-2
- ☺ Mr. Pastrana is planning a recess **sled pulling race**.
- ☺ Ms. Seipel and Mr. Artisensi are teaching their student a **Movin' and Munchin' theme song** titled "Live Well". Studies have shown that singing can help improve health.
- ☺ Ms. Miller is developing a **Healthy Snacks Recipe Book**. Some of the students in her classes will collect, write and publish a recipe book. Yum! Grades 3 and 4
- ☺ There will be a drawing for returned **Family Pledges** for a prize.
- ☺ Pedersen students will be asked to collect **Banana Stickers** and place them on a Poster Banana for all to see. (Courtesy of Tom Burgraff)
- ☺ There will be a **"Try and Taste"** time during 5 lunch periods during the 10 weeks. This will focus on fruits or vegetables that students may have not tried to taste in the past. This will be done on every other Wednesday. That fruit or vegetable will be **"Star of that WEEK"**
- ☺ If you want to give out extra credit, there is a **Create your own Fruit or Vegetable** worksheet available.
- ☺ **A+ Choices.*** are going to be encouraged and supported

3rd and 4th grades will be doing a different type of Movin' and Munchin'. There will be point related activities in which students will need to keep logs of what they do physically and nutritionally after school. The point sheets will be kept in their classrooms and be logged daily. Weekly totals will produce a classroom and grade level winners!

Any extra push to get kids moving and eating right is always encouraged!
Add your own ideas to the project!!!!

Thanks for your support.
The Movin' and Munchin' Team



CHOICE

There are so many product options on packages; hard to make healthy food choices with ease. This logo is a quick easy way to identify foods that can be a part of a healthy diet.

Means:

That the individual food item is:

- is lower in fat <10grams/serving
- is lower in calories <200 /serving
- may contain whole grain noted on the label
- may contain a source dietary fiber
- is a fruit or vegetable



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Pedersen Elementary

Dear Teachers,
Movin' and Munchin' at Pedersen grade 3 and 4.

Movin' and Munchin' involves two components, Movin'---physical activity and Munchin'---healthy eating education and choices.

The program will begin in February 16, 2009 and end April 30, 2009. There will be point related activities in which students will need to keep logs of what they do physically and nutritionally after school. The point sheets will be kept in their classrooms and be logged daily. Weekly totals will produce a classroom and grade level winners!

It will be a fun, competitive, educational, and health beneficial experience!
The directions for the teachers are as follows:

- ✓ Each student will have their own file folder which they will write their name on the tab.
- ✓ Each student will have an Activity Log with the information completed at the top of the form (name, grade, teacher, date).
- ✓ A Classroom Log will also be in that group of files.
- ✓ On Mondays, each home room teacher will ask their students to write the date of the week, record their points for the week, and total them. The students will then put the form in the folder and back in the place where the teacher keeps the folders.
- ✓ On Mondays, after 10:00 volunteers will collect the group of folders and tabulate them. Please direct the volunteers to where the folders are kept.
- ✓ On Tuesdays, an announcement will be made about the winning classes.
- ☺ Mr. Kleinke and AHS students have made a physical activity DVD named PALS-Physical Activity Learning Stations which can be used in the classrooms to get students moving for a few minutes and the get them back to focusing on their work. The movement will get their bodies moving and so they can learn better when they are done. Grades K-2
- ☺ Mr Pastrana is planning a recess sled pulling race.
- ☺ Ms Seipel and Mr Artisensi are teaching there student a Movin' and Munchin' theme song titled "Live Well". Studies have shown that singing can help improve health.
- ☺ Ms Miller is developing a Healthy Snacks Recipe Book. Some of the students in her classes will collect, write and publish a recipe book. Yum! Grades 3 and 4
- ☺ There will be a drawing for returned Family Pledges for a prize.
- ☺ Pedersen students will be asked to collect Banana Stickers and place them on a Poster Banana for all to see.(Courtesy of Tom Burgraff)
- ☺ There will be a "Try and Taste" time during 5 lunch periods during the 10 weeks. This will focus on fruits or vegetables that students may have not tried to taste in the past. This will be done on every other Wednesday. That fruit or vegetable will be "Star of that WEEK"
- ☺ A+ Choices.* are going to be encouraged and supported

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Thanks for your support.
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Movin' and Munchin' Activities Log


Pedersen Elementary


Name: _____

Grade and Teacher _____

Start Date: 2/16/09

Week of _____	Activities and Amount of Time Movin' Points Munchin' Pts		Movin' or Munchin' Points Total
Monday (Day One)			
Tuesday (Day Two)			
Wednesday (Day Three)			
Thursday (Day Four)			
Friday (Day Five)			
Saturday (Day Six)			
Sunday (Day Seven)			
	Student total for week		

Week of _____	Activities and Amount of Time Movin' Points Munchin' Pts.		Movin' or Munchin' Points Total
Monday (Day One)			
Tuesday (Day Two)			
Wednesday (Day Three)			
Thursday (Day Four)			
Friday (Day Five)			
Saturday (Day Six)			
Sunday (Day Seven)			
	Student total for week		

Week of _____	Activities and Amount of Time Movin' Points Munchin' Pts.		Movin' or Munchin' Points Total
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Tuesday (Day Two)			
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	Student total for week		

Point sheet:

Movin' per 15 min of activity after school	Points each day	Munchin'	Points each day
Walk	1	Eats breakfast add a point for eating a fruit or vegetable	1 or 2
Walk with family member	1 per person	Eats fruit and vegetable portion at every meal	2
Bike/Ski/Sled/Skate	2	Chooses a fruit or vegetable snack	1
Play soccer/softball/ baseball/ tennis/track	2	Goes one week without soda	15
Dance	1	Drink 5 glasses (8 oz) of water or (Low fat milk) per day	1
Jump rope	3	Eats meal with family without TV	2
Play basketball	2	Try a new fruit or vegetable	1
Write your own example	2	Write your own example	2

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Teacher:

Pedersen Elementary

Classroom Record Movin'and Munchin' Start Date: 2/16/09 End Date:4/30/09

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